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**UNIVERSITI TEKNOLOGI MARA**

**TREND OF PHYSICAL ACTIVITY SURVEILLANCE  
AMONG FEMALE VARSITY STUDENTS ON  
ACTIVITY DAILY LIFESTYLE**

**MUHAMMAD HAZEEM BIN MUSTAFFAR KAMAL**

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requirements for the degree of  
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**Faculty of Sport Science and Recreation**

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## AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student : Muhammad Hazeem Bin Mustaffar Kamal

Student I.D. No. : 2017595293

Programme : Bachelor in Sport Studies (Hons) – SR243

Faculty : Sport Science and Recreation

Thesis : Trend of Physical Activity Surveillance Among  
Female Varsity Students on Activity Daily  
Lifestyle

Signature of Student :  .....

Date : January 2020

## ABSTRACT

The purpose of this study is to identify the trend of physical activity among female varsity students on activity daily lifestyle for past 7 days. 261 respondents are recruited into this study from the University College of Yayasan Pahang which is five faculty are involved. International Physical Activity Questionnaires was using in this study to identify the most spend female varsity students involved in physical activity. The component involved in IPAQ are assessed by low physical activity, moderate physical activity, vigorous physical activity. The statistical analysis using for this study are conducted by using One – Way ANOVA. There was a significant trend of low, moderate and vigorous physical activity level among female varsity students on activity daily lifestyle for past 7 days which is  $p < 0.01$  and then the null hypothesis was rejected. Hence, it was concluded that female varsity students are mostly involved in high intensity compare to low or moderate physical activity level.

Keywords: *Physical Activity, IPAQ, Female Varsity Students,*

**TABLE OF CONTENTS**

	Page
<b>AUTHOR’S DECLARATION</b>	<b>i</b>
<b>LETTER OF TRANSMITTAL</b>	<b>ii</b>
<b>AFFIRMATION</b>	<b>iii</b>
<b>ACKNOWLEDGEMENT</b>	<b>iv</b>
<b>TABLE OF CONTENT</b>	<b>v</b>
<b>LIST OF TABLES</b>	<b>viii</b>
<b>LIST OF FIGURES</b>	<b>ix</b>
<b>LIST OF ABBREVIATIONS</b>	<b>x</b>
<b>ABSTRACT</b>	<b>xi</b>
 <b>CHAPTER 1: INTRODUCTION</b>	
1.1 Background of the Study	1
1.2 Problem Statement	4
1.3 Objective of the Study	5
1.4 Research Hypothesis	6
1.5 Significance of Study	6
1.6 Delimitations of Study	7
1.7 Definition of Terms	7

**CHAPTER 2: LITERATURE REVIEW**

2.1	Physical Activity	8
2.2	Healthy Lifestyle Through Exercise	12
2.3	Trend of Physical Activity	15
2.4	Female Varsity Students	17
2.5	Body Mass Index	20

**CHAPTER 3: RESEARCH METHODOLOGY**

3.1	Research Design and Sampling Technique	23
3.2	Respondents	23
3.3	Calculation Sample Size	23
3.4	Instruments	24
3.5	Data Collection Procedure	26
3.6	Statistical Analysis	27

**CHAPTER 4: RESULTS**

4.1	Characteristic of Respondents	28
4.2	Demographic of Respondents	29
4.3	ANOVA Table	30
4.4	Physical Activity Level	31
4.5	Physical Activity Level Based on Variables	32